

**Claims:**

1. A security panel for a window or door, the panel comprising a frame and a panel member, the panel member having a peripheral edge which passes into a cavity in the frame, one of the peripheral edge or the cavity being provided with a projection and the other of the peripheral edge or the cavity being provided with a recess which passes into the projection when the panel member is in the cavity.  
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2. The panel of claim 1, wherein the frame comprises at least one elongate member formed with at least one cavity into which an edge of the panel member passes.  
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3. The panel of claim 2, wherein the cavity comprises an open channel which extends at least partially along the elongate member.
- 15 4. The panel of claim 3, wherein the panel member comprises a metal grid structure.
5. The panel of claim 4, wherein the peripheral edge of the panel member comprises end parts of the metal grid structure.  
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6. The panel of claim 5, wherein at least some of the end parts are provided with the recess.
7. The panel of claim 6, wherein all the end parts are provided with the recess and the recesses are in linear alignment.  
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8. The panel of claim 6, wherein the cavity in the frame is provided with a projection that passes into the recess on the panel member to prevent the panel member from being pulled out of the cavity.  
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9. The panel of claim 8, wherein the cavity comprises an elongate channel which contains the projection.